

# Module 14.

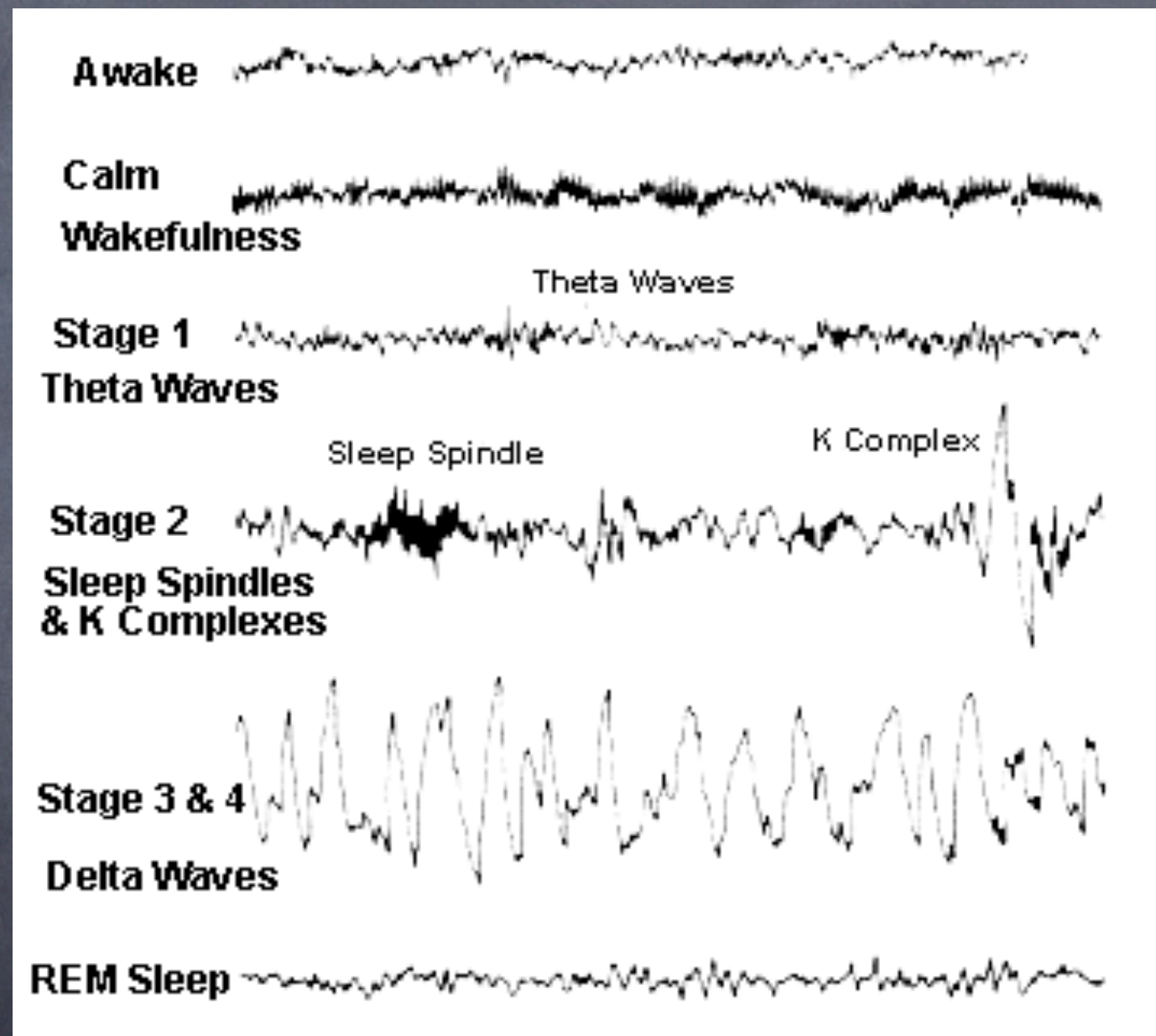
## Waking and Sleeping Rhythms (Sleep Stages #3)

Psychology 10C

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# Brain Waves in Stage 3



- Brain waves are slow occurring at the rate of 0.5 to 4 per second and quite large: referred as delta waves



# What happens?

- Stage 3 is basically the beginning stage of deep sleep, transition to stage 4.
- Usually occurs about 30 to 40 minutes after you fall asleep.  
(the closest condition of dying)
- Sleep walk/talk happens
- Bed wetting
- Nightmares occur



# CITATIONS

- [http://images.google.co.kr/imgres?imgurl=http://www.holistic-online.com/Remedies/Sleep/stages-of-sleep-eeg1.GIF&imgrefurl=http://www.holisticonline.com/Remedies/Sleep/sleep\\_stages-1-4NREM.htm&h=320&w=360&sz=14&hl=ko&start=8&um=1&usg=\\_\\_Fg2QSK6KLD3B0Gir03\\_CWdGL4\\_U=&tbnid=xO\\_\\_E66zQ QvVRM:&tbnh=108&tbnw=121&prev=/images%3Fq%3Dactivities%2Bof%2Bsleep%2Bstage%2B3%26um%3D1%26hl%3Dko%26newwindow%3D1%26client%3Dfirefox-a%26rls%3Dorg.mozilla:en-US:official%26sa%3DN](http://images.google.co.kr/imgres?imgurl=http://www.holistic-online.com/Remedies/Sleep/stages-of-sleep-eeg1.GIF&imgrefurl=http://www.holisticonline.com/Remedies/Sleep/sleep_stages-1-4NREM.htm&h=320&w=360&sz=14&hl=ko&start=8&um=1&usg=__Fg2QSK6KLD3B0Gir03_CWdGL4_U=&tbnid=xO__E66zQ QvVRM:&tbnh=108&tbnw=121&prev=/images%3Fq%3Dactivities%2Bof%2Bsleep%2Bstage%2B3%26um%3D1%26hl%3Dko%26newwindow%3D1%26client%3Dfirefox-a%26rls%3Dorg.mozilla:en-US:official%26sa%3DN)
- <http://en.wikipedia.org/wiki/Sleep>